



*"People helping
people help
themselves."*

*Division of
Mental Health
and Addictions*

Logansport State Hospital

The Spectrum

In this issue:

Cover..... 1

Spyke The
Psyche 2 - 4

Upcoming
Events 4

Bridge Building
..... 5

Retirement 6

Q-tips 7

Good Luck 8

The Book Nook
..... 9

Advice for Job
Hunters 10

Sneaky Snaps..
..... 11

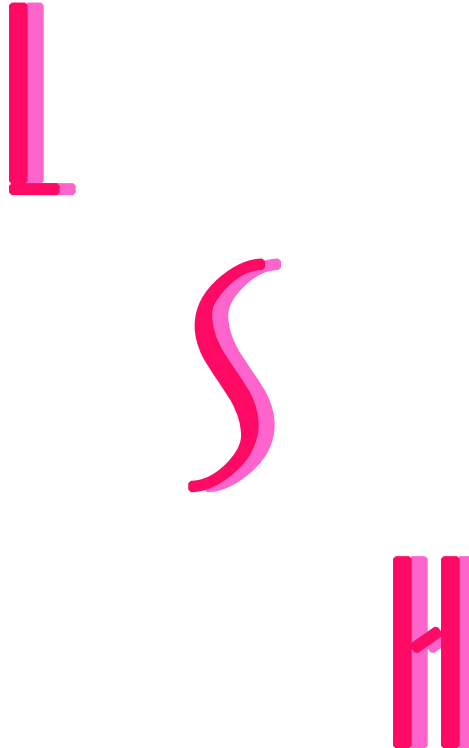
Culinary Corner
..... 12

Who Am I? ... 13

Hand Washing .
..... 14



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SPYKE THE PSYCHE



Today's superheroes send wrong image to boys, say researchers

'Macho' masculine stereotype not healthy for relationships

SAN DIEGO — Watching superheroes beat up villains may not be the best image for boys to see if society wants to promote kinder, less stereotypical male behaviors, according to psychologists who spoke Sunday at the 118th Annual Convention of the American Psychological Association.

"There is a big difference in the movie superhero of today and the comic book superhero of yesterday," said psychologist Sharon Lamb, PhD, distinguished professor of mental health at University of Massachusetts-Boston. "Today's superhero is too much like an action hero who participates in non-stop violence; he's aggressive, sarcastic and rarely speaks to the virtue of doing good for humanity. When not in superhero costume, these men, like Ironman, exploit women, flaunt bling and convey their manhood with high-powered guns. "

The comic book heroes of the past did fight criminals, she said, "but these were heroes boys could look up to and learn from because outside of their costumes, they were real people with real problems and many vulnerabilities," she said.

To understand how the media and marketers package masculinity to boys, Lamb surveyed 674 boys age 4 to 18, walked through malls and talked to sales clerks and came to understand what boys



SPECTRUM

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reading and watching on television and at the movies. She and her co-authors found that marketers take advantage of boys' need to forge their identity in adolescence and sell them a narrow version of masculinity. They can either be a "player" or a "slacker" - the guy who never even tries – to save face.

"In today's media, superheroes and slackers are the only two options boys have," said Lamb. "Boys are told, if you can't be a superhero, you can always be a slacker. Slackers are funny, but slackers are not what boys should strive to be; slackers don't like school and they shirk responsibility. We wonder if the messages boys get about saving face through glorified slacking could be affecting their performance in school."

Teaching boys early on to distance themselves from these images and encouraging them to find the lies in the messages can help, said Lamb. "When you crowd out other types of media messages, you promote stereotypes and limit their options."

Boys seem better adjusted when they resist internalizing "macho" images, according to a researcher who also presented at APA's convention.

Researcher Carlos Santos, PhD, of Arizona State University, examined 426 middle school boys' ability to resist being emotionally stoic, autonomous and physically tough — stereotyped images of masculinity — in their relationships. He also looked at how this would affect their psychological adjustment.

Santos looked at whether boys could resist being tough, emotionally unavailable, and detached from their friends as they moved from sixth to eighth grade; whether ethnicity made a difference; whether their relationships with their families and peer group fostered this resistance; and whether resisting these images affected their psychological health.

Participants were from different racial/ethnic backgrounds: 20 percent were African-American, 9 percent were Puerto Rican, 17 percent were Dominican-American, 21 percent were Chinese-American, 27 percent were European-American and 6 percent were of another race or ethnicity.

Boys from diverse ethnic and racial groups were equally able to resist these masculine stereotypes, going against the common belief that certain ethnic minority boys are more emotionally stunted and hypermasculine, said Santos. Few differences were detected and most tended to dissipate over the course of middle school.


He found that boys were more likely to act tough and detached from their friends as they got older. But boys who remained close to their mothers, siblings and peers did not act as tough and were more emotionally available to their friends compared to those who were not as close. However, closeness to fathers encouraged boys to be more autonomous and detached from friendships.

"If the goal is to encourage boys to experience healthy family relationships as well as healthy friendships, clinicians and interventionists working with families may benefit from having fathers share with their sons on the importance of experiencing multiple and fulfilling relationships in their lives," Santos said. He also found that boys who were depressed had a harder time not acting macho in their friendships.

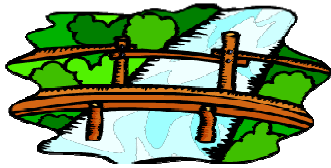
Interestingly, levels of emotional stoicism tended to remain stable throughout the middle school years and boys who did not adopt these macho behaviors had better psychological health in middle school, he found.

The results show that being able to resist internalizing these macho images —especially aggression and autonomy — declines as boys transition into adolescence and this decline puts their mental health at risk, said Santos. "Helping boys resist these behaviors early on seems to be a critical step toward improving their health and the quality of their social relationships."

American Psychological Association, August 15, 2010

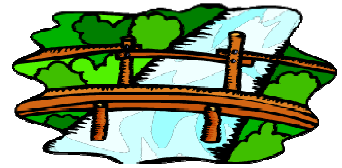


<u>UPCOMING EVENTS</u>		
<u>February 24 - March 23</u>		
• February 24	–	Clinton Co Gold Ladies @ 9:00 AM - D1E/L2S
• February 24	–	Clinton Co Gold Ladies @ 10:00 AM - L1S
• March 2	–	Creative Writing @ 10:00 AM
• March 7	–	Dodds Units Social Club @ 6:00 PM - Cass Co MHA
• March 9	–	Creative Writing @ 10:00 AM
• March 16	–	Creative Writing @ 10:00 AM
• March 16	–	Catholic Mass @ 3:30 PM
• March 23	–	Creative Writing @ 10:00 AM



Therapeutic Intervention

Bridge-Building Perspectives



"Helping others find their way on the Road to Recovery"
January 2011 - Volume 2 - Number 1

In a Difficult Situation...

- ♦ DO:
 - ♦ Keep your cool – speak clearly and quietly.
 - ♦ Identify what behaviors lead you to think the person is angry.
 - ♦ Ignore abusive language.
 - ♦ Maintain a safe personal distance.
 - ♦ Move slowly so as not to panic the individual.
- DON'T:
 - Become hostile yourself
 - Personalize what has been said to you
 - Use judgmental "you messages"
 - Make accusations about possible motives
 - Try to command or order the person
 - Lecture the person
 - Discount the person's feelings

Brian Harvey, "Bridge Building Intervention" Chairman
Paula Johnson, "Bridge Building Intervention" Chairman
Patty Knapp, "Bridge Building Intervention" Chairman
Jerilyn Smith, "Bridge Building Intervention" Advisor
Pam Kindem, "Bridge Building Intervention" Advisor

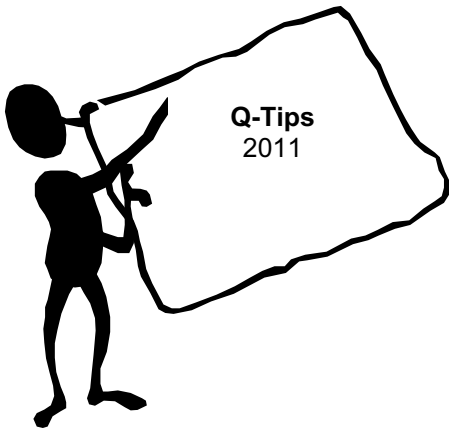
*Happy Retirement
Marilyn Baker*

*We
Will Miss
You!*



January 2011





Continuous Readiness Reminders

- Integrated Assessment

By Quality Management

With recent changes in the Joint Commission standards, there is no longer a direct requirement for an Integrated Assessment to be completed.

Treatment Team members must continue to discuss the findings of their assessments in order to develop the patient's treatment plan. Please review POR Chapter 8 (Treatment Planning).

The entire POR manual can be accessed via the LSH Intranet under publications. Chapter 5 (Integrated Assessment) remains in the POR, but will be deleted when revisions are made.

Reminder! The Integrated Assessment Summary is no longer required!



*Good Luck with
your new job
Sharon Trimble*

*We
Will Miss
You!*



**2
0
1
7**



I want to express my appreciation for all the wonderful 20+ years that I have worked with each and every one of you. I will always have wonderful memories of the fun, laughter, and the disappointment that we all have had here at LSH. Good luck with your future and I will be thinking of each one you during these hard times.

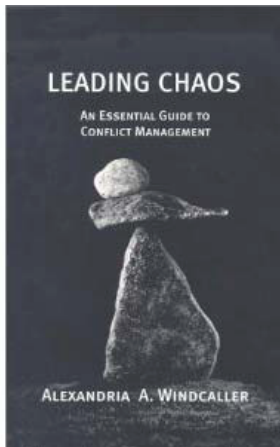
Sharon Trimble



THE BOOK NOOK



New Books in the Library



Windcaller, Alexandria A. Leading Chaos: An Essential Guide to Conflict Management. Athol, MA: Haley's, 2002.

Alexandria A. Windcaller, M.H.S.A., is a conflict management specialist. She is the founder and director of Response Training Programs, a staff development consulting firm providing conflict management and debriefing programs to public schools, juvenile treatment facilities, acute care psychiatric hospitals, corrections, law enforcement, and military personnel. She was a certified emergency medical technician for sixteen years. She authors a column for *Aikido Today Magazine* called "Off the Mat" and is the chief instructor at Wendell Aikido, a martial arts dojo, in Wendell, Massachusetts.

Her book focuses on Goal-Oriented Intervention and advocates "Ten Tips for Re-Directing Conflict":

1. Say a Lot by Saying a Little
2. Remember that Silence Works
3. Acknowledge Emotions
4. Take Things One Step at a Time
5. Set the Pace
6. Be Mindful of Words that Escalate
7. Actively Listen
8. Avoid Objectifying Yourself
9. Tell It Like It Is
10. Create Opportunities.

If you know of a book that would help you in your job, please contact the librarian at ext. 3712.

4,180 Hiring Managers' Advice to Job Hunters

Become computer literate	Speak clearly and confidently
Network, find and nourish mentors	Be aggressive (there are no rules in the labor market)
Update or learn new skills	Take the initiative
Research target company	Develop transferable skills
Target your market, Don't shotgun resumes	Have a good track record
Keep current on labor market hiring practices	Have realistic expectations
Try different approaches	Be prepared for a lengthy search
Put together the best possible resume	Be willing to be relocated
Know your market (and your competition)	Understand new trends
NETWORK, NETWORK, NETWORK!	Be determined
Highlight your ability to manage people	Smile! (Get happy)
Maintain your sense of humor	Never burn your bridges behind you
There are no rules	Everything is negotiable
Be persistent with class	Match your skills with the job requirements
Be specific about your value to the company	Know yourself
Know what you want	Learn to sell yourself
Learn to sell your strengths	Display confidence
Proper practice and preparation prevents poor performance	Learn everything you can about the employer's business

Sneaky



Snaps!



Photo taken by Herb Detrick



G
O
T
C
H
A

Darrin Monroe got caught demonstrating the proper use of a fire extinguisher during an annual mandatory training.

Be on the lookout for Darrin and his camera. You may be the next person caught in the act.

Who's Next?

Culinary Corner

Basic Irish Soda Bread with Cheese



Prep Time: 25 Min

Cook Time: 10 Min

Ready In: 35 Min

Ingredients

- 2 eggs, beaten
- 1/3 cup grated Parmesan cheese
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup milk, or as needed

Directions

1. Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Beat eggs in a bowl and set aside. Place the Parmesan cheese into a shallow bowl.
2. In a bowl, mix the flour, salt, and baking soda until well combined. Add in milk, several tablespoons at a time, until the mixture forms a soft dough. Turn the dough out onto a well-floured work surface, and knead several times until the dough comes together.
3. Roll the dough out into a rectangle about 1/2 inch thick and cut into 2x3-inch squares. Brush each square with beaten egg, and dip the top of the square into the Parmesan cheese. Place the squares onto the prepared baking sheet.
4. Bake in the preheated oven until the squares are lightly browned, about 10 minutes.

Allrecipes.com

Who Am I?

Can you guess who's trying to cover their identity?

If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by March 17, 2011.

Employees with correct answers will be put into a drawing, sponsored by the Morale Boosters, for a chance to win a free soft drink from the Hillside Café.

Winner will be announced in the next Spectrum.



Dena Packard



No one guessed Dena Packard as the last "Who Am I?"

Try to guess this one!

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.

This is my

"I-can't-believe-you-didn't
clean-your-hands" stare



www.viriontraining.com
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